

Banora Point.

JUNE - JULY 2023



Let's grow

Don't let winter get you down - it's a perfect excuse to try new recipes starring homegrown veggies.

Get creative

There are so many opportunities (and reasons) to flex your creative muscle in our craft room.





Welcome.

Hello to our lovely homeowners! Here we are in winter, though you wouldn't know it – while the nights and mornings are cool, the days have been absolutely beautiful. It is wonderful to see those of you getting out and about and enjoying all that our resort has to offer. We sure do live in a beautiful part of the world!

You will have noticed that a lot of mulching has been done around the gardens. There is a bit more to do, but it shouldn't impact you too much.

In other resort news, the front gates will be fixed in the next few weeks – we hope this will slow down those people who are speeding in the resort. We understand that sometimes (for example, when we are in a hurry) we forget the limits and our speed creeps up. But for the safety of all, including our wildlife, it is vital that you stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.

On a more positive note, our recent Biggest Morning Tea event was a huge success – you can read all about it on the opposite page. You can also read about our upcoming Portofino fashion show, too. Hopefully we will be able to report back just as positively in the next edition of our newsletter!

Until next month, take care,

Wayne and Di
Palm Lake Resort Banora Point Caretakers



CONTACT US

Looking for more information about Palm Lake Resort Banora Point? Here's how you can reach us:

FREECALL: 1800 641 665

Street address:
67 Winders Pl
Banora Point NSW 2486

Office hours:
9am-11am, Monday to Friday for residents and 11am-3.30pm for sales

Email:
banorapoint@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook (@palllakeresort) and on Instagram (@pall.lake.resort)

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



News briefs.

GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palllakeresort
Instagram: @pall.lake.resort



SHOW YOU CARE

Do you have some spare time and would like to give back to the community, while also making a difference in someone's life? Your local Palm Lake Care is always looking for volunteers to either visit the community or assist the Lifestyle Team in running activities. If this sounds like you, please call the Lifestyle Coordinator at your nearest Palm Lake Care community.

GREEN WASTE COLLECTIONS

Make a note in your diary for the next few green waste collections (and remember to put your green waste out the night before these dates as Wayne makes his collection in the early hours of the morning):

- July 3
- July 17

BIGGEST MORNING TEA

Big congratulations are in order for our Social Group and all who were in attendance at our Biggest Morning Tea event on June 3. An impressive \$1134 was raised during the event - all of which will be donated to the Cancer Council Social group to support them in their lifesaving work to prevent cancers of all kinds.

FROM PORTOFINO TO BANORA POINT

Don't miss our upcoming Portofino Fashion Parade on Wednesday July 12. It will kick off at 10am in the Grand Hall, and will cost \$5 - which will include a Devonshire tea. There will also be a lucky door prize, so make sure you're in attendance to win a \$50 Portofino gift voucher.



REFER YOUR FRIENDS FOR FAST CASH!

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase an established Palm Lake Resort Banora Point home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.



Creativity is king.

SOME PEOPLE ARE BORN TO CREATE, WHILE FOR OTHERS, IT'S A SKILL THAT TAKES PRACTICE. BUT HERE'S THE THING ABOUT GETTING CREATIVE: YOU DON'T EVEN HAVE TO BE GOOD AT IT TO REAP THE BENEFITS.

Creativity comes in many forms. It might be painting or sketching, doing needlework or even home decorating. Whether you write, draw, craft, build, assemble, strategise or even just daydream, you are being creative – and there is a lot you can gain from it. But if you're not the 'creative type,' it can be hard to know where to begin. A fixation with creating something perfect is often the biggest roadblock to creativity, so approach your next project with a goal to simply create something. Each time you create, whether it's through writing, making music, woodworking, art or even gardening, you are flexing a muscle that will benefit you in more ways that you might think...

Being creative improves mental health

From problem solving to helping you express yourself, there are so many ways being creative nourishes your brain. The creative process can help people manage their negative emotions, and even work through traumatic experiences that can be difficult to articulate. The sense of productivity and satisfaction you feel when you finish a creative project is the ultimate mood booster, helping you improve your self-esteem and confidence. Research even suggests that being creative reduces the likelihood of depression and anxiety, but that's not all – it can also improve the effects of dementia.

Being creative relieves stress

Whether you use your hands, your mind or your voice, creativity is like a form of meditation – time moves slower, you become more in touch with yourself and feel free to create whatever you feel like. Much like traditional meditation, creativity is said to calm your body and your brain as you focus on the task at hand. You can truly get 'in the zone'. But these benefits aren't just mental – stress relief also offers physical rewards, with studies showing that it can improve your sleep, appetite and even immune system, reducing your blood pressure and the production of immunosuppressive stress hormones.

Being creative helps you connect

Creativity can benefit you and the people around you in equal measure. Getting together with friends, neighbours or even strangers to create something is a valuable bonding activity, allowing you to broach subjects you may never discuss if you simply talk face to face. But the community benefits don't end there – why not give the things you craft to the people you love? Receiving something handmade is the ultimate show of affection and can be passed down (and treasured) through generations or used to show kindness to someone in need. It really is the ultimate gift.



If you'd like to get creative, our Weekly Activities list is the place to start. The Palm Lake Resort Banora Point craft group meets in the Grand Hall (second and fourth Wednesdays of the month) and would love for you to join.

Weekly activities.

MONDAY

11am Gentle exercise, in the Grand Hall

TUESDAY

9am Lawn bowls

TBC Dinner Dance (fourth Tuesday of each month)

WEDNESDAY

10am Table tennis, in the Clubhouse

2pm Craft group meets in the Grand Hall (second and fourth Wednesdays of the month)

THURSDAY

9.30am Folk dancing, in the Grand Hall

2pm Bingo, in the Grand Hall

FRIDAY

10am Table tennis, in the Clubhouse

2pm Lawn bowls

SATURDAY

9.30am Yoga, in the Grand Hall

SUNDAY

4pm Croquet, at the front of the resort

Important phone numbers.

Caretakers Wayne & Dianne: 5523 1188

Ambulance, Police, Fire: 000

Tweed Heads Police Station: 5506 9499

John Flynn Hospital: 5598 9000

Tweed Heads Hospital: 5506 7000

Electrician (Matt): 5590 5857 or 0409 396 396

Electrician (Richard): 0410 827 040

Plumber (Ryan): 0418 919 050

Massage (Debra): 0408 445 117

Border Locksmith: 5536 1611

Tweed Council: 02 6670 2400

Carpet Cleaning (Frank): 0409 326 688

TV/Antennas (Rob): 0419 796 649

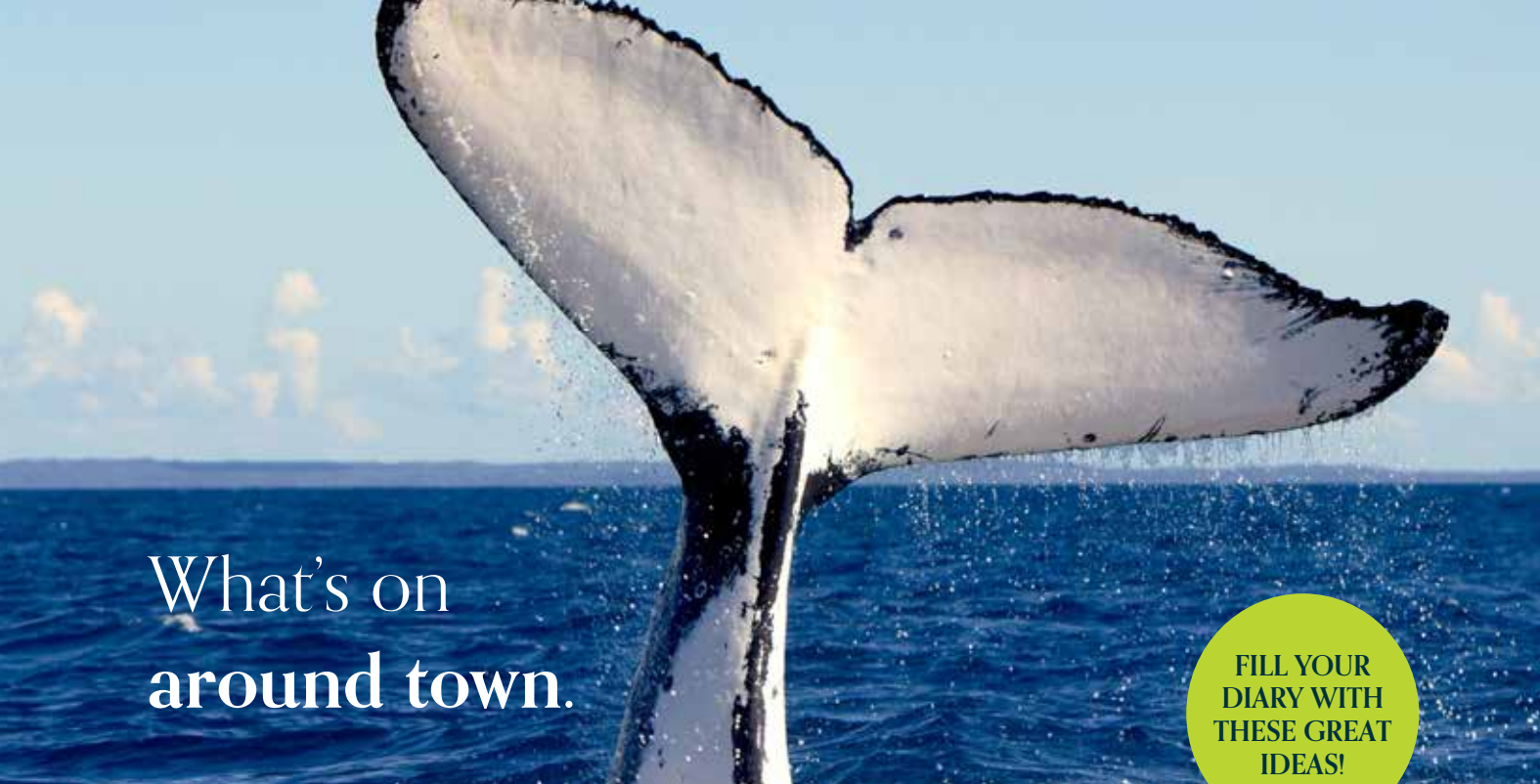
Palm Lake Resort hair salon (Jenny): 5523 3090

Pest Control (Jason): 1300 699 755

Super Clinic Doctors: 5589 7555

Pathology: 5524 8403

Chemsave Super Clinic: 5523 1266 (free Webster packaging and delivery)



What's on around town.

FILL YOUR
DIARY WITH
THESE GREAT
IDEAS!

June to November: Whale watching season

Like clockwork from June to November, majestic humpback whales swing by South-East Queensland on their 10,000km trek to the warm, tropical northern waters. Spend a day on the water and get up close and personal to witness these beautiful creatures for yourself - or spot these gentle giants from land. North Stradbroke Island is one of the best locations to whale watch with solid ground under your feet. Head to Point Lookout and take the North Gorge Walk. This walk is picturesque at any time of the year but even more so when there's a chance to spot a whale (or five!) frolicking nearby in Moreton Bay.

All of June: Scenic Rim Eat Local Month

This month-long festival is the ultimate backstage pass to the farms, wineries and food stories of this vibrant region. It provides the opportunity to meet the people behind the produce in a celebration that features farm-gate events and culinary experiences for foodies of all ages. There are so many events planned, all of which are outlined at eatlocalmonth.com.au

June 30-July 2: The Wizard of Oz at QPAC

Prospero Arts is bringing a sensational concert version of The Wizard of Oz to Brisbane for an exclusive season at QPAC's Concert Hall. Since its 1939 premiere, the classic film The Wizard of Oz, starring the legendary Judy Garland, was named the most influential film of all time, and has been adored across generations over the past 85 years. Five shows only – the perfect outing for you and your grandchildren! Visit qpac.com.au

July 1: Winter Harvest Festival

Winter Harvest Festival is the Scenic Rim celebrated in one glorious, flavour-filled day, and everyone is invited! The signature event of Scenic Rim Eat Local Month, food ambassador chefs join growers, producers and

flavour-makers, in hosting a variety of masterclasses and demonstrations. There will be produce stalls, tasting stations to graze and the World Famous Tractor Pull! Find it at Aratula Community Sports Complex, 10am-4pm.

July 2: Veteran and Family Bowls Day

Invictus Australia and Bowls Australia invites all local military veteran and their families to join them for some barefoot bowls at Club Tweed. Lawn bowls is one of Australia's most popular sports, and it's easy to see why - it's social, competitive and adaptable, making it the perfect sport for anyone and everyone. Grab the kids, grandparents and head to Club Tweed for a fun day out on the green.

July 1-2: The Pet Show

The Pet Show is the first national show celebrating all of the pets in your life – and it's coming to Brisbane! There will be education, entertainment and products for all dogs, cats, fish, birds, reptiles and small animals. It's a show about positive pet parenting. It's on at the Brisbane Showgrounds.

July 21-23: Stradbroke Island Chamber Music Festival

For those who like chamber music, join in an epic line up of six concerts over two days at the Point Lookout Community Hall. Brought to you by radio 4MBS Classic FM, the full list of concerts and their performances can be found online at 4mbs.com.au

July 21-23: Splendour in the Grass

One of Australia's premier music festivals, Splendour in the Grass, returns to the North Byron Parklands at Yelgun this July. The 2023 line-up boasts a suite of national and international acts, including global sensations Lizzo and Mumford & Sons, homegrown hero Flume, Noah Cyrus (daughter of country legend Billy Ray Cyrus) and plenty of up-and-coming musical talent.



Helping friends become neighbours.

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established Palm Lake Resort homes, you'll receive \$250 cash. Easy!

\$250

cash incentive when you refer
a friend to buy an **established**
home at Palm Lake Resort



For more information and to refer your friend, simply contact our Sales Information Centre on 1800 641 665. *T&Cs apply

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
pamlakeresort.com.au

Cool change.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER - AND HERE COMES A NEW SEASON IN THE VEGGIE PATCH!



While the coming of winter means swapping your cotton PJs for flannelette and adding a few extra throw blankets to your lounge to make it that little bit more snuggly, it's also an opportunity to try something different in your garden veggie patch. It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

What to plant

Here in the subtropics (an area stretching roughly from South-East Queensland south to northern New South Wales), you should be looking to plant things like beetroot, cabbage, onions, radish, carrots, tomato, beans, bok choy, pak choy, leeks, kale, spinach, silverbeet and lettuce. Of course, there are herbs that do better here in the winter months as well. Why not try chamomile, comfrey, cress, dill, endives, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, rocket, sage, sorrel, spring onions and thyme.

What to remember

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Cold comfort

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected



Pictured: No garden space? No worries! Large pots work well as they can be positioned to capture the winter sun.

from the cold air. Funnily enough though, some winter vegetables thrive in extra cool conditions and their taste can even improve as a result. Apparently, a cold snap can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after any especially cool nights and see if you notice a difference in their taste.

Pesky pests

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on during winter are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and also ensure there's enough circulation around your seedlings and plants.

Last tips

Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a delicious treat every now and again. Your veggies – and all plants, for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies.

And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots (pictured above) or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum winter growing results. Good luck!



Inspiration aplenty.

Thrifty Gardening

Country Women's Association of Victoria, \$25

Lift your gardening game and save money with the help of the Country Women's Association of Victoria. *Thrifty Gardening* shows you how to get the most from your edible or ornamental garden, season by season. From how to grow from seed, what to plant and sow, which garden tasks to do when, it's all here. The advice comes with an always timely reminder to sit back and enjoy what you grow and some simple recipes for how to make the most in the kitchen of the bounty from your plot. There's advice for getting the kids involved plus tips for how to outsmart pests and bugs. This book will change the way you think about your garden and it will magnify the joy you take from it, all year round.

The Little Box of Veg

Alice Zaslavsky, \$30

Let the award-winning author of *In Praise of Veg*, inspire you to create something wonderful with whatever is in your kitchen. This kaleidoscope of colour-coordinated cards showcases 48 delicious veg from across the seasonal spectrum. Each card includes advice on choosing/storing/prepping veg, quick cooking ideas and a feature recipe to fully flex your veg game.

The Immunity Food Fix Cookbook

Donna Beydoun Mazzola & Sarah Steffens, \$40

This book delivers 75 delicious superfood recipes that support your body's natural defences organised around the five key pillars of immune support - reversing inflammation, detoxification, antioxidants, digestion and microbiome health, and hormone balance and signalling. Supporting your immunity has never been so appealing with these delicious whole food recipes, including gluten-free, dairy-free and grain options.

Homes for sale.

Home 119 - \$460,000

Beds

2

Bath

1

Living

1

Garage

1



Sought-after area.

This lovely spacious home occupies a sought-after position within Palm Lake Resort Banora Point.

With two bedrooms and one bathroom, this neat, cosy home ticks all the boxes. Features vinyl planks in the living areas, solar hot water and fresh paint throughout.

The low-maintenance backyard has a covered entertaining area, and there is a sunroom off main bedroom.



Home 61 - \$430,000

Beds

2

Bath

1

Living

1

Garage

1



SOLD

All ready to move in.

This light and airy home is positioned close to resort facilities so that you can make the most of life at Palm Lake Resort Banora Point.

It features two good-size bedrooms and a large lounge area, as well as a big kitchen with plenty of cupboard space.

The addition of tinting on the windows will help to keep the summer heat out. The backyard is fully fenced and private.

CASH
BUYERS
AWAIT.

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Banora Point in recent months - so much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high- quality homes, world-class facilities, myriad of weekly activities and our welcoming coastal community have made Palm Lake Resort Banora Point a very sought-after local neighbourhood. If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Sales and Information Centre know.

Our Sales Consultants can inspect your home and give you an appraisal to help you make up your mind. Did you know that if you are a resident of any Palm Lake Resort and relocate to a brand new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?

To find out more, FREECALL 1800 641 665 or stop by the Sales and Information Centre anytime from 9am-3pm, Monday-Friday.

10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 641 665 | banorapoint@palllake.com.au
67 Winders Pl, Banora Point NSW 2486

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palllakeresort.com.au